

Comparisons of Job Characteristics

Focus Occupation: [Fitness Trainers and Aerobics Instructors \(39-9031\)](#)

Associated Occupation: [Physical Therapist Assistants \(31-2021\)](#)

[Compare Knowledge](#)

[Compare Skills](#)

[Compare Abilities](#)

[Compare Detailed Work Activities](#)

[Compare Tools and Technologies](#)

| | |
|----|--|
| << | Focus occupation element is much lower |
| < | Focus occupation element is lower |
| 0 | Focus occupation element is at a similar level |
| > | Focus occupation element is at a higher level |
| >> | Focus occupation element is at a much higher level |

Knowledge

Similarity of Focus Occupation to Associated Occupation: 87

Focus Occupation: Fitness Trainers and Aerobics Instructors (39-9031)

Associated Occupation: Physical Therapist Assistants (31-2021)

| Associated Occupation's Key Knowledge Elements | Average Rating, All Occupations | Associated Occupation's Rating | Focus Occupation's Rating | | Evaluation of Focus Occupation |
|--|---------------------------------|--------------------------------|---------------------------|----|---|
| Customer and Personal Service | 11.3 | 18.4 | 16.8 | 0 | Current knowledge level may be sufficient |
| Therapy and Counseling | 3.8 | 15.0 | 6.1 | << | Extensive education and/or training may be required |
| Education and Training | 9.2 | 14.7 | 16.3 | > | Current knowledge level is likely sufficient |
| Psychology | 6.4 | 14.6 | 10.6 | << | Extensive education and/or training may be required |
| Medicine and Dentistry | 3.7 | 12.5 | 6.0 | << | Extensive education and/or training may be required |
| Biology | 3.7 | 8.5 | 6.2 | << | Extensive education and/or training may be required |

The maximum possible rating is 25.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O*NET (Occupation Information Network) data.

Skills

Similarity of Focus Occupation to Associated Occupation: 85

Focus Occupation: Fitness Trainers and Aerobics Instructors (39-9031)

Associated Occupation: Physical Therapist Assistants (31-2021)

| Associated Occupation's Key Skills Elements | Average Rating, All Occupations | Associated Occupation's Rating | Focus Occupation's Rating | | Evaluation of Focus Occupation |
|---|---------------------------------|--------------------------------|---------------------------|---|---------------------------------------|
| Social Perceptiveness | 9.1 | 11.8 | 10.7 | < | A higher skill level may be required |
| Service Orientation | 7.9 | 10.8 | 11.5 | 0 | Current skill level may be sufficient |
| Coordination | 9.1 | 10.2 | 9.6 | 0 | Current skill level may be sufficient |

The maximum possible rating is 25.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O*NET (Occupation Information Network) data.

Abilities

Similarity of Focus Occupation to Associated Occupation: 57

Focus Occupation: Fitness Trainers and Aerobics Instructors (39-9031)

Associated Occupation: Physical Therapist Assistants (31-2021)

| Associated Occupation's Key Abilities Elements | Average Rating, All Occupations | Associated Occupation's Rating | Focus Occupation's Rating | Evaluation of Focus Occupation | |
|--|---------------------------------|--------------------------------|---------------------------|--------------------------------|--|
| Speech Recognition | 9.9 | 11.8 | 10.0 | < | Some improvement in abilities may be required |
| Static Strength | 5.0 | 8.6 | 10.8 | > | Current ability level is likely sufficient |
| Extent Flexibility | 4.8 | 8.5 | 12.3 | >> | Current ability level is likely more than sufficient |
| Trunk Strength | 5.7 | 8.3 | 14.1 | >> | Current ability level is likely more than sufficient |
| Gross Body Coordination | 3.9 | 6.6 | 13.2 | >> | Current ability level is likely more than sufficient |
| Stamina | 4.0 | 6.6 | 13.8 | >> | Current ability level is likely more than sufficient |
| Speed of Limb Movement | 3.2 | 5.5 | 7.2 | > | Current ability level is likely sufficient |

The maximum possible rating is 25.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O*NET (Occupation Information Network) data.

Activities that Both Occupations Have in Common

Similarity of Focus Occupation to Associated Occupation: 70

Focus Occupation: Fitness Trainers and Aerobics Instructors (39-9031)

Associated Occupation: Physical Therapist Assistants (31-2021)

| Work Activities | Exclusivity of Activity |
|--|-------------------------|
| Assist patient in performing breathing exercises | 89 |
| Use massage therapy procedures | 81 |

Not all positions in these occupations will necessarily perform all of the listed activities. The exclusivity rating is an indication of how unique the activity is amongst all occupations. The maximum rating is 100. High scores indicate that only a small number of occupations engage in that activity.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O*NET (Occupation Information Network) data.

Tools and Technologies that Both Occupations Have in Common

Similarity of Focus Occupation to Associated Occupation: 76

Focus Occupation: Fitness Trainers and Aerobics Instructors (39-9031)

Associated Occupation: Physical Therapist Assistants (31-2021)

| Tools and Technologies | Exclusivity |
|---|-------------|
| Aerobic training equipment | 47 |
| Blood pressure units and related products | 11 |
| Business function specific software | 1 |
| Computers | 1 |
| Content authoring and editing software | 1 |

| | |
|--|----|
| Data management and query software | 1 |
| Emergency medical services resuscitation products | 15 |
| Finance accounting and enterprise resource planning ERP software | 2 |
| Industry specific software | 1 |
| Information exchange software | 1 |
| Medical exam size measuring devices | 24 |
| Rehabilitation exercise devices and equipment | 24 |
| Weight and resistance training equipment | 70 |

Not all positions in these occupations will necessarily use all of the listed tools and technologies. The exclusivity rating is an indication of how unique the tool or technology is amongst all occupations. The maximum rating is 100. High scores indicate that only a small number of occupations use that tool or technology.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O*NET (Occupation Information Network) data.